

"One Team, Supporting Mil"

Family Readiness!"

**FORT SAM  
 HOUSTON'S MLK  
 PROGRAM**

Jan. 14,  
 11:30 a.m.-

1 p.m.,  
 ACS

Building 2797



## U.S. Army All-American Bowl has strong San Antonio ties

Madison High School wide receiver Nate Askew (No. 8) is one of the nation's 90 best high school football players selected to take part in the U.S. Army All-American Bowl at the Alamodome Jan. 9, joining the ranks of gridiron greats such as Adrian Peterson, Reggie Bush, Tommie Harris, 2007 Heisman Trophy winner Tim Tebow, and the many other college and NFL stars. Madison head coach Jim Streety has also been selected as coach of the West team. For more about the game and the Army Strong Zone, see pages 14 and 15.

Photo courtesy of Rivals.com

### Three vaccines now available at TRICARE network pharmacies

TRICARE beneficiaries can now receive select vaccines with no out-of-pocket expense at retail pharmacies.

In a search of the San Antonio area, retail stores and pharmacies such as CVS, H-E-B, Walgreens and Walmart are included, as are many local independent pharmacies.

For the first time ever, beneficiaries can visit TRICARE retail network pharmacies to receive seasonal flu, H1N1 flu and pneumonia vaccines at no cost. This expanded coverage is available to all TRICARE

beneficiaries eligible to use the TRICARE retail pharmacy benefit.

Other vaccines must still be administered in a doctor's office or authorized convenience clinic to be fully covered by TRICARE's preventive health services cost-share waiver.

"Vaccines are the most effective defense against the seasonal and H1N1 flu and pneumonia," said Rear Adm. Thomas McGinnis, TRICARE's chief pharmacy officer.

"We hope this new, convenient and affordable option

encourages TRICARE beneficiaries to get their vaccinations."

To receive the vaccines, beneficiaries can call their local TRICARE retail network pharmacy to make sure it participates in the vaccine program and has the vaccine in stock.

To locate a participating retail network pharmacy, go to [www.express-scripts.com/TRICARE](http://www.express-scripts.com/TRICARE) or call Express Scripts at 877-363-1303.

(Source: TRICARE Press Room)

### Tactical Combat Casualty Care card allows for better follow-on treatment of wounded Soldiers

By Steve Elliott  
 FSH Public Affairs Office

A new form inserted into every Soldier's Improved First Aid Kit will help those wounded in combat receive better and more efficient care from the initial point of injury on the battlefield all the way to the final medical treatment facility.

In the past, less than 10 percent of casualties wounded in action had

pre-hospital care documented in their electronic medical record. Of that 10 percent, less than one percent had the required information documented to assess the care rendered at the point of injury.

Starting immediately, all first responders will document medical treatment provided at the point of injury on the new Tactical Combat Casualty Care card, or DA Form

7656. The TCCC card captures critical data elements necessary to ensure continuity of care during every step of evacuation to a medical treatment facility.

"With command emphasis on training and use of this first responder tool, we anticipate better documentation of medical care from the point of injury and better commu-

See TCCC P7

### Editorial Staff

Army Medical Department Center  
and School & Fort Sam Houston

Commander  
**Maj. Gen. Russell Czerw**

Garrison Commander  
**Col. Mary Garr**

Public Affairs Officer  
**Phillip Reidinger**

Editor  
**L. A. Shively**

Editor/Writer  
**Steve Elliott**

Staff Writer  
**Lori Newman**

Layout Artist  
**Joe Funtanilla**

### News Leader office:

1212 Stanley Road  
Building 124, Suite 4  
Fort Sam Houston  
Texas 78234-5004  
210-221-0615/2030  
DSN 471-0615/2030  
Fax: 210-221-1198

### News Leader Advertisements:

Prime Time  
Military Newspapers  
2203 S. Hackberry  
San Antonio, Texas 78210  
Phone: 210-534-8848  
Fax: 210-534-7134

**News Leader e-mail:**  
news.leader@conus.army.mil

**News Leader online:**  
www.samhouston.army.mil/  
publicaffairs

This Army newspaper is an authorized publication for members of the Department of Defense. Contents of the News Leader are not necessarily the official views of, or endorsed by, the U.S. government or Department of the Army. It is published weekly by the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office, 1212 Stanley Road, Building 124, Suite 4, Fort Sam Houston, Texas 78234-5004; 210-221-0615, DSN 471-0615. Printed circulation is 10,000. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other nonmerit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected. The editorial content of this publication is the responsibility of the Director of Public Affairs. The News Leader is published by Prime Time, Inc., Military Newspapers, 2203 S. Hackberry, San Antonio, Texas 78210; 210-534-8848, a private firm in no way connected with the U.S. government, under exclusive written contract with the Army Medical Department Center and School and Fort Sam Houston Public Affairs Office. The civilian printer is responsible for commercial advertising. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the U.S. Army. Stories and photos for publication consideration may be e-mailed to news.leader@conus.army.mil by close of business Friday.

# Military housing allowance rates set for 2010

By Sgt. 1st Class Michael J. Carden

American Forces Press Service

Military members will see an average raise of 2.5 percent in housing allowance rates in 2010, a BAH program analyst for the Defense Department said in mid-December.

The increase comes to average of around \$37 per month for the more than 900,000 service members expected to draw the basic allowance for housing this year. Some areas will see a higher increase, while others will see less, Cheryl Anne Woehr said.

In San Antonio, an E-4 living off Fort Sam Houston with Family now receives \$1,179 per month, an increase of \$40 over the 2009 BAH rate. A single O-5 will receive \$1,479 monthly this year, as opposed to the \$1,319 they got last year, an increase of \$160. A married E-7 with children now gets \$1,425 each month for housing, an increase of \$133 over

last year's \$1,292 monthly stipend.

The 2010 raise is down from last year's 6.5 percent average, and is the smallest percentage increase since the inception of the BAH program in 2000. This is due the recession and declining housing market, she said.

"Rates are set based on actual housing data, so as the economy has declined, vacancy rates have increased [and] rental prices have declined, which results directly to lower BAH rates in various areas," Woehr said.

The purpose of the BAH program is to provide fair housing allowances to service members. Since the goal is to help members cover the costs of housing in the private sector, rental-housing costs in the private sector are the basis

for the allowance.

Members receive a housing allowance when government quarters are not available. The Department of Defense determines the correct housing allowance to enable members to afford suitable rental housing within a reasonable distance of their duty location. The allowance is set based on geographic duty location, pay grade, and dependency status.

Those who do notice the BAH rates lower in their area than last year shouldn't worry, she said, because an individual rate protection law is in place. The policy protects those who already are under a rental agreement. So if BAH rates in their area are lower Jan. 1 than on Dec. 31, the previous, higher rate applies.

"Service members are able to take advantage of the increase in rates, but are not affected by decreasing rates," she said. But service members who change duty stations, change dependency status or get promoted on or after Jan. 1 will be affected by the new rates, she added.

Woehr stressed that it isn't necessarily bad news for the service member in areas that see a decrease in rates. "Service members who are newly reporting to an area get to take advantage of the lower market

when they arrive," she said.

The BAH program is designed to benefit the service member, but it's not designed to pay 100 percent of housing expenses, Woehr said. The rate is intended to cover rent, renter's insurance and utilities based on pay grade and dependency status.

The local market economy determines annual BAH changes and sets the next year's BAH rates. Military housing offices from each instal-

See HOUSING P17

## Weekly Weather Watch

	Jan. 7	Jan. 8	Jan. 9	Jan. 10	Jan. 11	Jan. 12
San Antonio	38° Partly Cloudy	36° Partly Cloudy	43° Clear	52° Partly Cloudy	54° Mostly Cloudy	54° Chance of Rain
Kabul Afghanistan	50° Clear	50° Clear	46° Clear	48° Scattered Clouds	48° Clear	46° Scattered Clouds
Baghdad Iraq	68° Clear	69° Scattered Clouds	69° Clear	66° Scattered Clouds	68° Overcast	66° Overcast

(Source: Weather Underground at www.wunderground.com)

## Thought of the Week

Love is not only something you feel, it is something you do. — David Wilkerson  
 (Source: Bits & Pieces, November 2009)

## Correction



Brian Dougherty  
Photo by Cheryl Harrison

As pictured in the Oct. 22, 2009 issue, Barbara Gentry, senior vice president, community affairs at USAA, and Brian Dougherty, acting director Army Community Service, visit before the start of the "It's Not Easy Being Green" Spouse's Conference. Dougherty's first name was misspelled.



## News Briefs

### ***Pet Vaccination Clinic Cancelled***

The Fort Sam Houston Veterinary Clinic has cancelled the Jan. 9 mobile pet vaccinations at the Main Resident Center, Building 407. Mobile pet vaccinations will start again in the spring, date to be determined. Call 295-4260.

### ***Road Closure***

William Road will be closed just south of the Hardee Road intersection to the Aquatic Center entrance until further notice. This closure is due to construction of the GTF/AIT Barracks. Call 221-4582.

### ***IH-35 Lane Closures***

The northbound and southbound main lanes of Interstate Highway 35 at Walters Street will close Jan. 9, 3 a.m.-11 p.m. The closure will begin in the northbound direction and then alternate to the southbound main lanes. Only one direction will be closed at a time.

### ***Commissary Closure***

The Fort Sam Houston Commissary will close at 5 p.m. Jan. 10 and be closed Jan. 11-12. The Lackland and Randolph AFB commissaries will be open to accommodate shopping during these closures.

### ***MLK Events***

Brooke Army Medical Center celebrates Dr. Martin Luther King Jr. at BAMC Medical Mall Area, Jan. 13, noon-1 p.m. Call 916-6401.

Fort Sam Houston will hold a Martin Luther King Jr. program Jan. 14, 11:30 a.m.-1 p.m. at Army Community Service, Building 2797. The guest speaker is Brig. Gen. Manuel Ortiz. "The Divas" will also perform. Cake and punch will be served after the program.

### ***Martin Luther King Jr. Holiday Closures***

The following Morale, Welfare and Recreation facilities will be

See NEWS P5

# Force Protection Detachment conferences expand for 470th MI Brigade

By Gregory Ripps

470th Military Intelligence Brigade

Future 470th Military Intelligence Brigade Force Protection Detachment conferences will take on added importance as they have grown to include more agents and agencies.

The brigade hosted the latest force protection detachment conference in downtown San Antonio Nov. 16 through 20. Army special agents from the brigade's seven FPDs traveled from their respective detachments within Central and South America and the Caribbean to attend this event.

"The brigade – as the executive agent for seven out of 13 FPDs in the U.S. Southern Command area of responsibility – held this conference during the previous three years as an Army-only event," said Edgardo Ortiz, FPD coordinator for the brigade.

"Due to the multi-service composition of these detachments and the agencies involved in supporting the FPD Program, it was just a matter of time for the conference to expand to include its sister services and other FPD-associated agencies."

Also in attendance were representatives from the Defense Counterintelligence and Human Intelligence Center, U.S. Army Counterintelligence Coordinating Authority, U.S. Army FPD Program Manager, SOUTHCOM J-2 Counterintelligence Staff Officer, National Geospatial-Intelligence Agency, U.S. Army South G2-X, U.S. Army North G2X, Naval Criminal Investigative Service, and the Army Reserve Operations Activity.

"The intent of brigade commander Col. Jim Lee for this conference was to provide an



Courtesy photo by Force Protection Detachment

Participants in the Force Protection Detachment Conference practice firing carbines on Camp Bullis during one day of the conference.

interservice/agency forum to review and discuss FPD operational capabilities, to identify operational and support shortfalls and to share best practices among FPDs that can be leveraged to improve counterintelligence support to Force Protection to DoD in-transit forces in the SOUTHCOM AOR," Ortiz explained. "This venue also provided an opportunity to set the framework for this event to transform into an 'Annual Western Hemisphere FPD Conference' to be held in advance of the Worldwide FPD Conference.

"In terms of Force Protection, FPDs are 'force multipliers' for embassy country teams and, as such, future conferences will include U.S. embassy senior defense officials, regional security officers or their designated representatives to provide their perspectives as it relates to FPD operations and support in their respective countries," Ortiz added.

The latest conference also presented an opportunity to provide advanced skills training that normally cannot be conducted due to geographical locations of special agents.

The main event was a four-day custom-tailored concealed weapons course that took place at the Law Enforcement Range on Camp Bullis. In coordination with Department of Defense tactical procedures and guidance, Sgt. Maj. Robert Suttner, brigade S3 (Operations and Training) sergeant major, developed a course of fire to provide the special agents with the skills necessary to protect themselves in permissive operating environments while carrying concealed firearms.

The training focused on fundamentals, movement and target acquisition, while continuously exercising advanced tactics. Agents not only used handguns but also trained with M-4 carbines.

"This training is essential for

personnel who are located in high threat-countries in South America," Ortiz said. "In total, eight agents met the strict qualification standards that were developed to facilitate concealed carry at embassies across Latin America. This concealed weapons training is currently being looked upon by the FPD program manager as a model for all Army special agents currently assigned to an FPD."

In addition, analysts from the brigade's Analysis and Control Element also benefitted from this conference. They had the opportunity to meet with the agents in a roundtable setting to discuss current intelligence, trends in the AOR, and analytical support to CI support to force protection operations.

"In all it was a very productive conference that enhanced the capability to support forward-deployed elements and the ability to provide timely, accurate and responsive CI support to force protection," said Ortiz.



Photo by Patti Bielling

Col. Christopher Fulton, an Army North defense coordinating officer, addresses attendees of the Homeland Security Medical Executive Course in Minneapolis Dec. 9.

# ARNORTH members learn, share medical planning experience

By Patti Bielling  
ARNORTH Public Affairs

A seamless medical response to a disaster won't happen unless a multitude of agencies share a common language and a common understanding of how the others operate.

To accomplish this, the Homeland Security Medical Executive Course brings together medical professionals from local, state and federal agencies to help increase that understanding before disaster strikes.

Members of U.S. Army North were among the military and civilian attendees of the most recent course, held during an early December blizzard in a downtown Minneapolis hotel.

Fred Watke, an Army North medical planner said he did not attend the course expecting to hear a lot of technical detail. Instead, he was looking forward to the interaction with the other services and those in the "whole strata of the civil support environment."

Because his office is responsible for coordinating many aspects of military medical support following disaster, Watke said he and his fellow Army planners tend to look at a disaster response holistically.

"A course like this allows me to learn a lot about how the local and

state responders view things and what they expect from us," he said. "This is also an opportunity to reassure them so they know the military is not going to take over a response, but we'll be there to provide them with what they ask for."

Col. Christopher Fulton, Army North's newest defense coordinating officer, took advantage of an opportunity to address the group.

In the three months he's been in the job for Region V, Fulton said he's learned that civil support is a very complicated business and encouraged local and state responders to become well acquainted with the military emergency preparedness liaison officers in their states and regions.

"Establishing these relationships and knowing the capabilities each agency brings to the response are essential before a disaster occurs," he said.

The course is offered several times per year at locations throughout the country, said Navy Lt. Claude Long, the officer in charge of the course, who noted that the 80 attendees included health care professionals from the active and reserve components of the Army, the National Guard, the Navy and the Air Force.

Others hailed from various states, the Department of Health and Human

**"A course like this allows me to learn a lot about how the local and state responders view things and what they expect from us,"**

*Fred Watke, an Army North medical planner*

Services, the Federal Emergency Management Agency, the Coast Guard, and the U.S. Public Health Service, among many other agencies.

The course uses large group lectures to introduce concepts – such as medical evacuation or communicating medical information to an affected population – and then encourages the attendees to discuss them in a facilitated small-group setting.

The course was originally created to fill a gap in training to respond to incidents involving chemical, biological, radiological, nuclear and high-yield explosives, or CBRNE, Long said.

"There was a lot of training out there on topics like how to respond to a mass casualty event or how to conduct decontamination, but there was no umbrella course that taught the overarching response from the medical perspective," Long said.

Upon returning to the Training Institute on Fort Sam Houston, Long

said he would like to develop additional modules tailored specifically to military medical response during civil support operations.

As for this course, Aggie Leitheiser, the director of emergency preparedness for the Minnesota Department of Health, said it met her expectations and that she learned a lot about military medical capabilities and how the system works.

"The depth and breadth of experience of the people in this course was impressive," she said.

"The small-group exercises allowed us to take and apply the concepts to a situation so everyone can better understand the interplay between civilian and military responders."

The next course is scheduled for June in Tacoma, Wash. Those interested in other course offerings can visit [www.dmrta.army.mil/courses.html](http://www.dmrta.army.mil/courses.html).



# Families can see off, greet deploying troops at airport gates

## Routine PCS moves, vacations not included in policy

By Samantha L. Quigley  
American Forces Press Service

It's a scene that's played out in airports across the country numerous times in the past eight years: Families and service members clinging to each other, either sad to leave or

happy and vowing to never let go again.

The emotion always is appropriate, but the location of the scene – just beyond the airline ticket counters and before the security checkpoint – robs the actors of precious minutes with loved ones. Those lost minutes are unnecessary, at least as far as the Transportation Security Administration is concerned, a TSA spokesman said.

"TSA permits the airlines to offer a gate pass to Family members of arriving or departing U.S. service members," Greg Soule said. "So, Family members who want to accompany a service member being deployed to the boarding gate, or greet them [as they return] from deployment

at the arrival gate may receive passes to enter the secure area of the airport."

Though TSA allows this practice, the final decision rests with the airlines, from which Family members must request the passes. Each airline and each airport has its own rules and procedures, Soule said.

Families interested in obtaining a gate pass need to check with the airline before arriving at the airport to determine the exact rules and procedures.

"It's an airline procedure," Soule said. "It is something that TSA has permitted the airlines to do, though we have security regulations that we provide to the airlines.

"Typically, only passengers who are flying

and have a boarding pass are allowed to pass through security," he added.

TSA makes this allowance out of support for the armed forces, Soule said.

"At the San Antonio International Airport, this policy is also only for the Family members of those Soldiers who are heading out on deployment or returning from a deployment," said San Antonio International Airport public information officer Nora Castro.

"Each airline is different, but the major carriers I've spoken to say this policy does not apply for routine PCS moves or vacations."

Though military Family members with

gate passes can pass through security, they must adhere to all security regulations. This includes removing coats, jackets and shoes, and the liquids regulation. Anything of a liquid or gel consistency must be 3.4 ounces or less and be sealed in a quart-sized storage bag to pass through security, Soule said.

Each Family member would have to present the gate pass as well as a valid government-issued identification card, Soule added. TSA doesn't keep statistics on how frequently military Families take advantage of this opportunity.

"We're happy to do this and make this small exemption," he added,

noting that TSA officials recognize that military Families, as well as service members, make sacrifices for the country.

The TSA has no jurisdiction overseas, so U.S. military Family members wishing to see off or meet their service member at a foreign airport are encouraged to check with the airline for local policy.

The policy on gate passes is available on the Transportation Security Administration's Web site ([www.TSA.gov](http://www.TSA.gov)) under the heading "Accommodations for U.S. Military Personnel."

*(Steve Elliott contributed to this story)*

## News Briefs

### NEWS from P3

closed Jan. 18 in observance of the Martin Luther King Jr. holiday. All other MWR facilities are open as usual.

- Bowling Center
- Harlequin Dinner Theatre
- Sam Houston Club
- Army Community Services
- Soldier and Family

Assistance Center

- Parent Central (formerly Central Registration)
- Outdoor Equipment Center
- RV Park
- Library
- Auto Craft Shop
- Jimmy Brought Fitness Center (Open 5 a.m.-5 p.m.)

### Technology Expo

The Fort Sam Houston Technology Expo will be held Jan. 27, 10 a.m.-2 p.m. at the Sam Houston Club. Over 30 exhibitors will demonstrate the latest in communications, printing, storage solutions, networking mobile technologies, data management and more. The event is free and open to military, civilian and contract personnel. Call 443-561-2416 or visit [www.FederalEvents.com](http://www.FederalEvents.com).



Photo by Martin Greeson

A Soldier hugs his Family following his 14-month tour in Iraq.

# Three “Rs” of reunion: return, readjustment, reintegration for Soldiers

By Dr. Trish Prosser  
USACHPPM

As the deployed member of your Family, coming home can be a time of great joy and also nervousness. Changes have happened on both sides. You have been away, seen and experienced many different and often difficult things.

Whether you are a husband, a wife, a parent, a son, a daughter, or a sibling, coming home can be tough.

The imagined reunion with Family may not live up to the dream, and you may be confronted with a list of issues and problems that occurred while you were away. Intimacy and Family relationships may not fall straight back into the place where you left them before being deployed.

Returning to duty also may bring about new issues for previously deployed Soldiers – perhaps some interactions have changed between those who were deployed together and those not deployed.

Each individual responds differently to stressors and experiences that occurred while on deployment. As with

**Whether you are a husband, a wife, a parent, a son, a daughter, or a sibling, coming home can be tough.**

most things, there are healthy ways to express the kinds of reactions one can have to these stressors.

Trying to keep to the healthier alternatives will ultimately make reintegration a smoother process. Reservists and National Guard members may be confronted with different problems if return to work and routine after deployment creates tension with colleagues who may want to hear about the war and bosses who may expect your work performance to be “business as usual.”

Some things to think about that may help in experiencing the three “Rs:”

- Set realistic goals and help your Family by letting them know what it is

you need and how they can help you. Vice versa, your Family has dealt with many things while you were away; don’t just expect them to drop everything and focus on you.

- Don’t come back and lay down the rules. Watch the new routine and then look for ways you can help out and become a part of it again.

- Listen to your Family members. Listen to how your partner has been living while you were away. Listen to your children and what they were doing while you were away.

- Early on, identify people who you can turn to for help and support. Some may be friends who are good to talk to and some may be those who can offer guidance, such as a social worker, chaplain or financial adviser.
- Be patient with yourself, your Family.

Further resources:

- [www.militaryonesource.com](http://www.militaryonesource.com)
- [www.afterdeployment.org](http://www.afterdeployment.org)
- [www.apa.org/psychologists/resilience.html](http://www.apa.org/psychologists/resilience.html)
- [www.apa.org/psychologists/pdf/militaryfamilies.pdf](http://www.apa.org/psychologists/pdf/militaryfamilies.pdf)

## News Leader survey online

Visit <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-2030.

## TCCC from P1

nication throughout the echelons of evacuation on the patient status, injuries, and exposures,” said Lt. Col. Larry O. France, project officer for the Army Risk Reduction and Suicide Prevention Task Force Initiative with the U.S. Army Medical Command.

“Additionally, use of the TCCC card will provide historical documentation and support for necessary disability entitlements for soldiers, as warranted.

“The lessons learned from point-of-injury medical care can be used for data and trend analysis to augment the decision-making process, validate and refine the casualty response system, and modify and resource personnel, training and equipment requirements,” France added.

While the Army has used the Field Medical Card, also known as DD Form 1380, to record basic patient identification data and to describe the problem requiring medical attention and the medical care provided, it has been in the medical system since the early 1960s.

The Department of the Army determined it was an outdated and cumbersome form to fill out and limited in its use only to the medical community, as it was never intended for use by first responder Soldiers.

Created as a result of a directive from the Vice Chief of Staff of the Army, the TCCC card is a tool for first responders, such as combat medics or other Soldiers, to document the medical care provided when a Soldier is injured in a deployed

<b>Name/Unit</b> _____		<b>A: Intact Adjunct Cric Intubated</b>	
<b>DTG:</b> _____ <b>ALLERGIES:</b> _____		<b>B: Chest Seal NeedleD ChestTube</b>	
Friendly Unknown NBC		<b>C: TQ Hemostatic Packed PressureDrsg</b>	
		<b>FLUIDS: IV IO</b>	
		NS / LR 500 1000 1500	
		Hextend 500 1000	
<b>GSW BLAST MVA Other</b> _____		<b>Other:</b> _____	
<b>TIME</b>		<b>DRUGS (Type / Dose / Route):</b>	
<b>AVPU</b>		PAIN	
<b>PULSE</b>		ABX	
<b>RESP</b>		OTHER	
<b>BP</b>		_____	
DA FORM 7656, XXX #8888		_____	
		_____	
		_____	
		_____	
		_____	
		_____	
		<b>First Responder's Name</b> _____	

The front and back of the new Tactical Combat Casualty Care card, DA Form 7656.

Illustration courtesy AMEDDC&S

setting, France explained.

The pending revision to Chapter 11-1 of Army Regulation 40-66, Medical Records Administration, lists the specific levels of care for use of the U.S. Field Medical Card (DD Form 1380) by medical personnel. Chapter 15 and Table 15-1 list the specifics for use of the TCCC card.

According to the revision, the TCCC card will be visible and attached to the patient or inserted into the left upper arm pocket/left lower pants pocket, once it is completed. The format of the DA Form 7656 is simpler than the DD Form 1380, as the new card requires only an “X” or circle in different areas of the card.

On the front are entries for date/time/group, cause of injury, and friendly or unknown or nuclear/biological/chemical origin, location and severity, patient’s level of consciousness and vital signs.

On the back, airway

and breathing interventions are noted, as well as bleeding control measures, amount of fluids and drugs given, any per-

inent notes and the signature of the first responder.

When the patient arrives at the Level III

Military Treatment Facility, the TCCC card becomes part of a permanent medical record, or electronically scanned and entered into the Armed Forces Health Longitudinal Technology Application-Theater as they are encountered in the emergency medical treatment area.

“Seventy thousand TCCC cards were initially procured for fiscal year 2009. Two FORSCOM brigade combat teams – one in Iraq and one in Afghanistan – are currently beta-testing their use,” France said.

“A rapid revision update to Chapter 15 of AR 40-66 covers the instructions for use and disposition of the TCCC card. The DA form 7656 can be requisitioned by units through normal supply channels.”

The TCCC card is now

a component of the improved first aid kit; if not included in the kit, unit commanders will have Soldiers insert one into their IFAK. Combat medics and medical evacuation crews should carry extra copies of the TCCC card. Level I, II, and III medical treatment facilities will carry adequate numbers of TCCC cards to resupply units and Soldiers.

The unit of issue for the TCCC card is one card for each IFAK, two cards for each combat life saver and three cards for each combat medic. Visit the Army Medical Department & School Web site at [www.cs.amedd.army.mil](http://www.cs.amedd.army.mil) (deployment portal under the Level I-II section) for a training tutorial on how to complete the TCCC card.



# After beating cancer, ARNORTH civilian runs to find cure for others

By Sgt. Joshua Ford  
ARNORTH Public Affairs

It's been nearly 10 years since Carol Rein, a financial management analyst at U.S. Army North, has been in complete remission from breast cancer.

Now at 61, Rein found a way to battle cancer for others: running.

Rein said she wants to help in any way she can to find a cure and recently started running half-marathons with the Leukemia and Lymphoma Society's Team in Training.

Each running event raises money to find a cure for what more than 11 million Americans suffer from every year.

"What started this was my daughter, Shelly," Rein said. "She told me I needed to get back to running; so, when I found TNT, I decided to get back into running. Since I am a cancer survivor, anything that we can do to raise funds to find a cure to eliminate cancer is a good thing."

TNT is the world's largest voluntary charity sports training program and has more than 390,000 participants. It focuses primarily on raising money to fight blood cancers.

Since 1949, TNT has raised more than \$680 million for research, with more than \$69 million raised in 2009. The team travels all over the country to run in events

**"I am a proud survivor of breast cancer. If I can help people with cancer by running, there is no excuse I shouldn't."**

*Carol Rein, financial management analyst*

to raise money for a cure.

Rein traveled to San Francisco with TNT in October to run in Nike's



Courtesy photo

Carol Rein (middle in purple shirt and shorts), who serves as a financial management analyst with U.S. Army North, crosses the finish line during the Nike's Race to San Francisco Oct. 18. Rein ran the women's half-marathon with the Leukemia and Lymphoma Society's Team in Training and raised more than \$4,000 to find a cure for cancer.

Race to San Francisco. She ran the half-marathon and raised more than \$4,000.

She started training

in May with Shelly West, a friend who is a management analyst at Brooke Army Medical Center.

West, 49, who is more than a year in complete remission from acute myeloid leukemia, said Rein is the reason she runs.

Rein and West trained together twice a week after they decided to start running with TNT.

"I used ARNORTH's civilian physical training program. It helped having the extra time to train every week," said Rein.

ARNORTH's civilian program allows civilian employees three hours a week to take off from work and exercise. Lt. Gen. Thomas Turner, former ARNORTH commanding general, implemented the program in early August.

"I told the general that his PT program was working out great," said Mitzie Roberts, a friend and coworker of Rein's.

"I told him because of the three hours a week, my friend is going to run two half-marathons. He thought it was good."

Since Rein and West began training, they completed two half-marathons: one in San Francisco and the Nov. 15 Rock and Roll Marathon in San Antonio.

"I could not have done it without Carol," said West. "She encouraged and inspired me every step of the way. In San Francisco, I cried as I approached the finish line. In San Antonio, I celebrated."

Both Rein and West said they are eager to help others overcome the challenges brought forth with cancer in whatever ways they can. After all, each knows what it's like.

"I am a proud survivor of breast cancer. If I can help people with cancer by running, there is no excuse I shouldn't," said Rein.



## WIGGINS PROMOTION



**Photos by Sgt. Joshua Ford**

Maj. Gen. Perry Wiggins, deputy commanding general, ARNORTH, shares a light moment with those in attendance while his wife, Annette (left), along with his father, Lamar Wiggins, and mother, Beverly, pin the rank of major general on his uniform during a promotion ceremony Dec. 28 inside Army North's historic headquarters at the Quadrangle. "This is a humbling experience, and I only hope I can serve Soldiers. When you stop loving serving Soldiers, it is time to move on," said Wiggins, while addressing his well-wishers following his promotion. Retired Lt. Gen. Freddy McFarren, former commanding general, U.S. Fifth Army, performed the honors of administering the oath of office for Wiggins during the ceremony.

## HELPING SPREAD HOLIDAY CHEER



**Photo by Lori Newman**

Jesse Rico, a member of the Fort Sam Houston Fire Department, presents Luisa Chavez and her son, Alfred, 2, gifts at the Fort Sam Houston Fire Station. Members of the department participated in the Family Service Association Adopt-a-Family Program, which provides names of families in the San Antonio community who need help during the holidays. Rico challenged his co-workers to pledge \$50 each. "We raised over \$1,100," he said. Chavez is married and has three other children. "I can't express how much this means to me," she said.





# Soldiers learning to 'bounce back' with new tool

By C. Todd Lopez  
Army News Service

The Army is equipping Soldiers with a new tool designed to help them better deal with the psychological effects of combat that can lead to post traumatic stress disorder.

A group of 155 non-commissioned officers attended the first official "master resilience training" program Nov. 8-19 in Philadelphia.

The training is part of the Army's Comprehensive Soldier Fitness program developed from the University of Pennsylvania's resilience program. Three past groups of Soldiers attended related training as the UPenn program was modified to meet Army needs.

"This is the first really full-scale MRT course; the culmination of a lot of work," said Brig. Gen. Rhonda Cornum, director of Comprehensive Soldier Fitness. "And we truly believe this is instrumental in improving the psychological fitness of the force."

The current 10-day course with professionals from UPenn in conjunction with the Army, is designed to equip Soldiers with the skills needed to teach other Soldiers how to better weather traumatic events – whether money problems, relationship problems, or the horrors of combat.

"The title misleads you, but when you get it broken down, you see that all this is, is life lessons," said Staff Sgt. David Breeden, an MRT student and an Army

drill sergeant who "makes infantrymen" through a One Station Unit Training program at Fort Benning, Ga. "If you can relate to the individual you can help the individual."

Breeden's been to both Iraq and Afghanistan and says that in combat, every Soldier needs to be on their game. A Soldier that's got personal issues, or issues coping with the stress of combat, may be a liability to his unit, he said. The Soldier that can cope is the Soldier that is resilient.

"If you are in combat you have to be able to decompress," Breeden said. "Some Soldiers are just brittle. They don't have that resiliency factor of being able to bounce back from a traumatic event – and it does cause issues. That Soldier can no longer help with being a team player, and the team has to turn around and help that individual and it takes away from team readiness."

Helping potentially brittle Soldiers become Soldiers more likely to "bounce back" from or cope with stressful events such as witnessing the death of a friend or a child in combat, financial issues, or the potential disintegration of a relationship back home is the goal of Comprehensive Soldier Fitness. And teaching those skills to Soldiers will be the job of NCOs who attend master resilience training courses.

Dr. Martin E. P. Seligman, a psychologist, and director of the Positive Psychology

Center at the University of Pennsylvania, said the goal of CSF is to improve the resilience of all Soldiers in the Army. He said graphing the human response to adversity produces a curve much like the plot for test scores in nearly any classroom.

"The response to high adversity, to trauma, in human beings, is bell shaped," Seligman said. "On the extreme left you have people who collapse. We call it PTSD, depression, anxiety, divorce, substance abuse and suicide. The center of the curve is normal human resilience — the normal response to human adversity is to come back to where you were. And over on the right-hand side of the curve, very important, is what's called post-traumatic growth."

Inside the Army, Seligman wants to adjust the shape of that curve by equipping Soldiers with the tools needed to be more resilient to psychological trauma.

"The question is, what should the Army be doing by way of helping our Soldiers who are probably in for a decade of persistent warfare," Seligman said. "To my mind, it is to move the whole curve to the right ... moving the whole distribution toward higher fitness."

## Avoiding 'thinking traps'

Course leaders, including Seligman and Dr. Karen Reivich, help to move that curve to the right by "building mental toughness." That involves skills like avoiding think-



Photo by Master Sgt. Doug Sample

Sgt. Maj. of the Army Kenneth O. Preston talks to 150 students at the Master Resilience Training Course in Philadelphia, Dec. 10 and urges them to share what they are learning with their units.

ing traps, detecting "icebergs," and learning to put things into perspective.

"We teach people to recognize the most cata-

strophic, unrealistic things they say to themselves when adversity strikes," Seligman said.

"We teach them to argue against the most cata-

strophic thoughts; realistically, to put them into perspective. This is a well-defined technique

See PTSD P13

# Army approves suicide-intervention training for leaders

Suicide-intervention training is now available for Army leaders and other key personnel who are on the front lines of suicide prevention across the service.

The Army has approved two- and five-day workshops on Applied Suicide Intervention Skills Training, known as ASIST. The workshops are produced by Living Works Education, Inc., at locations across the country.

The five-day ASIST workshop is a “train the trainers” course that will certify key Army personnel, who upon completion, will be qualified to conduct the two-day ASIST course throughout the Army.

“We would never deploy Soldiers without first training them to accomplish their anticipated mission — why should suicide prevention be any different?” asked Brig. Gen. Colleen McGuire, director of the Army Suicide Prevention Task Force.

“When you go to the emergency room with a physical injury, you’re right to expect the nurses and doctors are well-trained and can get you the care you need,” McGuire said. “The same should be true if you’re thinking of harming yourself and you choose to go to your leadership or other Army professionals seeking help.”

The two-day ASIST workshops will train Army leaders, chaplains and chaplain assistants, substance abuse coun-

selors, family advocacy program workers, medical and dental-health professionals, and other care providers in a range of suicide-prevention and intervention skills.

From identifying those who may be having thoughts of suicide to improved understanding of how beliefs and attitudes affect suicide interventions, Army personnel who complete the two-day course will be better able to save Soldiers, Family members, and Department of the Army civilian’s lives and serve as an additional suicide prevention resource for Army commanders, said Walter Morales, Army suicide prevention program manager.

“We want to rapidly expand the suicide-prevention capabilities of our Army,” Morales said. “That means making realistic, immediately useful training available for the key links in our suicide-prevention chain. The two-day and five-day ASIST workshops provide both the intervention skills our community needs, and a way for us to get more qualified, competent, and capable trainers at units across the Army.”

An updated version of the Army’s regulation on

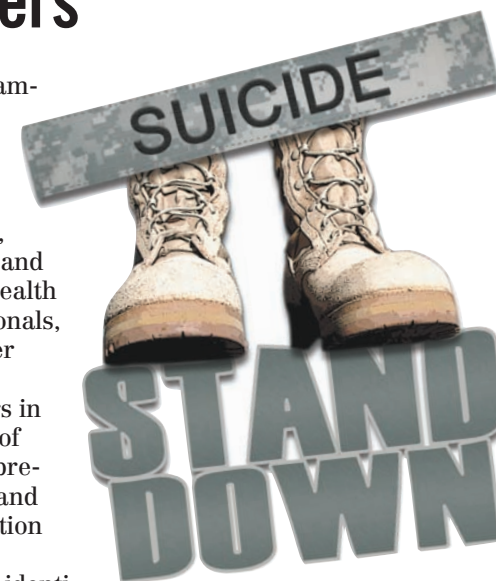


Illustration Photo Credit: Nick Pentz

Health Promotion (AR 600-63), which became effective Sept. 20, requires Army commands to maintain an appropriate number of certified suicide-intervention skills trainers on staff. An implementation timeline for this requirement along with funding requirements and a target date for completion are still pending, Morales said.

“Regardless of where a Soldier or Army civilian is assigned, we need to have the right number of trained suicide-intervention personnel in place,” Morales said. “Soldiers must be confident they can get professional assistance when they reach out for it.”

“I recently completed the two-day ASIST course,” said Jan Morgan, a senior program analyst for the Army Suicide Prevention Task Force. “I didn’t expect to be so impressed with the effectiveness of the training.



**PTSD from P11**

that's been validated with tens-of-thousands of people in cognitive therapy procedures."

Part of MRT also involves helping Soldiers identify their strengths and how to use them to their advantage.

"We found that when people work from their highest strengths, as opposed to trying to remediate weaknesses, they do better," Seligman said.

**Learning to control thought**

Sgt. 1st Class Rebekah James, with the 743rd Military Intelligence Battalion, Buckley Air Force Base, Colo., has been in uniform for 14 years and served in Afghanistan in 2008. She explained that she learned "thinking traps"

can often include jumping to conclusions.

"You call your wife or girlfriend or whatever, and she doesn't answer the phone five times in a row," James said, saying a Soldier might conclude that she's cheating on him. "But that's jumping to conclusions, and you don't have facts you need. But thinking is not fixed, it can be changed — the way we handle our thoughts — we can actually control them. We can choose how to react and what emotions to use when confronted with an event."

Learning to deal better with emotions and with reactions to an "activating event" is what Soldiers will learn as part of MRT. And they will also learn to teach that to other Soldiers in their units.

Seligman said he's

aware that a course where "feelings" are discussed might not appeal to Soldiers — but he says Soldier's that have taken the course have recognized its value.

"One of the things we worried about when we started the pilot work was that these tough sergeants would say 'oh this is girly, touchy-feely stuff, we don't want it,'" Seligman said. "And what we've been getting is, 'this toughens us.'"

"The heart of resilience training is not like a lot of the psychological touchy-feely-huggy stuff. Rather, it's when adversity strikes, how can you respond to adversity with increased resilience — coming back, and not collapsing."

Both Breeden and James say they believe they'll find use for MRT at their home units —

even in their homes.

"I believe this will be a great tool in warrior leaders course for new leaders coming into a leadership position," Breeden said. "It helps to refine the tools you have. Some things I'll be able to use in my job and some things at home as a father and as a husband."

James said she sees benefit in taking what she learns in Philadelphia back to her home unit and passing it on to Soldiers.

"The skills I'm learning here are imperative to being a good leader," she said.

"I think once I get back to my unit, by having these tools, and talking to my Soldiers, I'll be able to use these skill sets to better help them become resilient themselves."

**SUICIDE from P12**

"It provides the opportunity to better understand the needs of a person at risk of suicide and learn how to use suicide 'first aid' to connect, understand and assist with persons at risk; identify 'invitations' for help, and listen for reasons for living. To me, ASIST is as valuable to saving someone's life as being CPR trained."

Army personnel interested in attending ASIST training should contact their command suicide prevention program manager for course locations, dates, availability and enrollment information.

ASIST five-day workshops are scheduled for this month at Fort Drum, N.Y.; Fort Carson, Colo.; Fort Bragg, N.C.; and

Atlanta, Ga., for the Army Reserve. Fort Bliss, Texas, has several of the two-day workshops scheduled over the next six months.

More information about the ASIST workshops is available [www.livingworks.net](http://www.livingworks.net).

The ASIST training is intended to complement the Army's approved "Ask, Care, Escort" or ACE Suicide Prevention training currently available for all Soldiers and front-line supervisors.

ACE standardized training and awareness material can be downloaded from the U.S. Army Center for Health Promotion and Preventative Medicine Web site at <http://chppm-www.apgea.army.mil>.

*(Source: Army Public Affairs)*



# U.S. Army All-American Bowl has strong San Antonio ties

By Steve Elliott  
FSH Public Affairs

With a past alumni roster that reads like a "Who's Who" of college and professional football, the U.S. Army All-American Bowl Jan. 9 promises to have more highlight-reel action of tomorrow's stars in store. Almost 33,000 fans attended the 2009 game.

The game, which kicks off at noon and is televised live on NBC affiliate News 4 WOAI, features the nation's top 90 high school football players. The action takes place at the Alamodome at 100 Montana St. in downtown San Antonio.

This is the 10th anniversary of the bowl and since 2001, the U.S. Army All-American Bowl has showcased the nation's premier high school football talent in an East-versus-West matchup of mental, physical and emotional strength. This game is considered the nation's premier All-American game by high school football players, coaches, and fans from across the country.

The bowl's history includes a growing list of prominent alumni such as 2007 National Football League Offensive Rookie of the Year Adrian Peterson (running back, Minnesota Vikings), Heisman Trophy winners Reggie Bush (running back, New Orleans Saints) and Tim Tebow (quarterback, University of Florida Gators), 2006 NFL Offensive Rookie of the Year Vince Young (quarterback, Tennessee Titans), Tommie Harris (defensive tackle, Chicago Bears), Brady Quinn (quarterback, Cleveland Browns), Mark Sanchez (quarterback, New York Jets) and Ted Ginn Jr. (wide receiver, Miami Dolphins).

There are currently more than 100 U.S. Army All-Americans playing in the NFL. A record 30 U.S. Army All-Americans were selected in the 2008 NFL Draft, including six first-round picks.

Among this year's cream of the crop is a standout local player — wide receiver Nate Askew of the James Madison High School Mavericks, a team that went 6-3 this past season.

"Nate is a talented athlete whose exemplary displays of leadership and teamwork have made him a standout at Marshall High School," said Col. Derik Crotts, deputy chief of staff, G7, U.S. Army Accessions Command.

"The qualities necessary to succeed on the football field, strength, dedication, leadership and teamwork, are the same qualities mirrored in Army Strong Soldiers."

Wearing No. 8 for the game, Askew was selected by the U.S. Army All-American Bowl Selection Committee, which consists of All-American Bowl producer SportsLink's network of regional directors throughout the country, sports recruiting media coverage group Rivals.com and Tom Lemming, who assists with the annual selection process of the top football prospects who will participate in the All-American Bowl Game.

In three seasons, the 6-foot-4, 213-pound receiver had 25 receiving touchdowns and two scores on punt returns, gained 1,766 yards and averaged 18.7 yards per catch. He has made a verbal commitment to attend Texas A&M University in the fall of 2010. Askew plans to major in business marketing and has a 3.3 core GPA.

"I feel that I'm a big, physical wide receiver. I use my body well and can jump and get the ball at its highest point," Askew said when asked about his strong points.

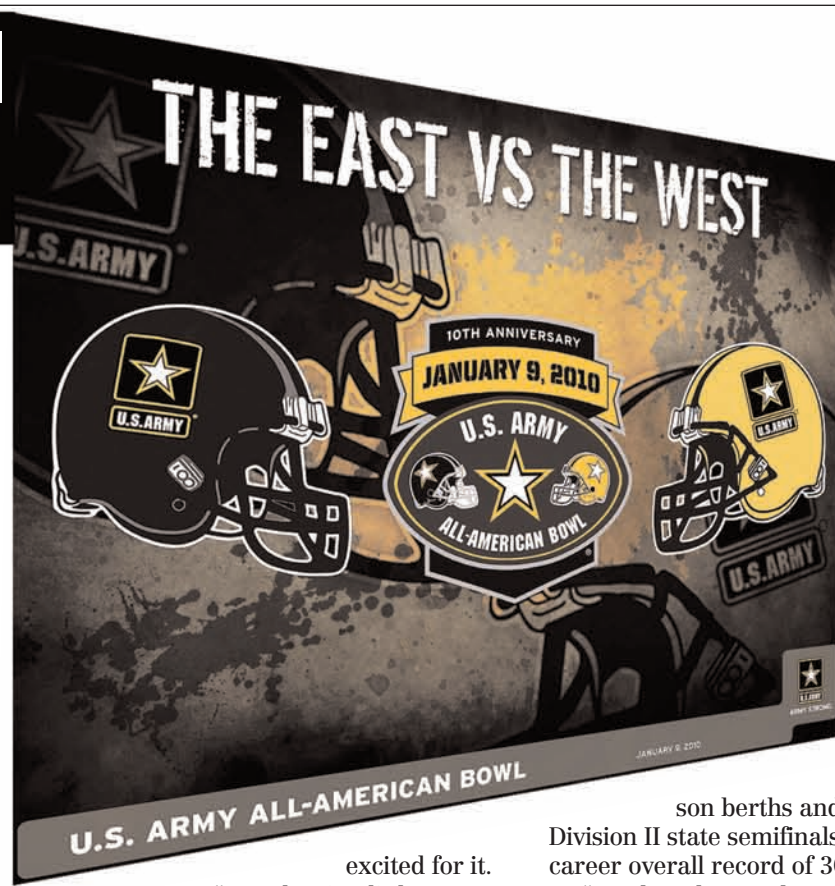
According to his rating at ESPN.com, Askew has an excellent combination of size and athleticism, but he will likely be more of a physical, possession receiver at the next level. He is described as strong and well built and has the size and wingspan to be a factor on the deep ball and in the red zone.

Even his opponents have nothing but praise for Askew's talents.

"He is a threat to score any time, from anywhere," said Smithson Valley head coach Larry Hill of Askew, who gave the Rangers fits in the playoffs two years ago. "He can outrun you, out-jump you or outwrestle you for the ball. Or he can do all of the above on the same play."

Askew said he's excited to play in the 10th Anniversary game that has numerous NFL and college stars counted among its alumni, especially with it taking place in his hometown.

"I remember the first time I watched it was when Vince Young played in it," he said of the U.S. Army All-American Bowl in a Scout.com article. "Ever since I was little I've wanted to play in it and now the chance is finally here. It's definitely an honor. I get to play with the best. That's the start of something I'll be doing for a long time, so I'm



excited for it. "It makes it a little more special that it's in San Antonio," he said. "I'm originally from California, but I've become a Texas boy. It'll be fun to represent my state and my city right here. I'll have a lot of family and friends in the stands."

And in a double bonus for San Antonio, joining Askew Jan. 9 will be his coach, Jim Streety, who has been named head coach for the West squad. A legend in Texas coaching ranks, Streety recently achieved a major milestone in winning his 300th career game. Streety's assistant, Glenn Mangold, will also be on the coaching roster.

Dallas Jackson, a high school football expert from Rivals.com, the official selection partner of the game, thinks Streety is a perfect choice for the game.

"Coach Streety is a pillar in the high school coaching ranks in Texas," Jackson said. "He has 300 wins and is a real salt-of-the-earth gentleman. His character and record are both things that all coaches should strive for."

Streety began his head coaching career at New Braunfels (Texas) High School in 1974, and remained at that post for seventeen seasons. As coach of the Unicorns, he had a 149-44-2 record, qualifying for the playoffs eight times. He also led the school to the Class 4A state semifinals in 1982, 1983, 1985 and 1986.

In 1991, he took over the Mavericks program. In his time there, he has led Madison



Madison High School wide receiver Nate Askew and Madison head coach Jim Streety make up the San Antonio connection at this year's U.S. Army All-American Bowl. In three seasons, the 6-foot-4, 213-pound receiver had 25 receiving touchdowns and two scores on punt returns, gained 1,766 yards and averaged 18.7 yards per catch. He has made a verbal commitment to attend Texas A&M University in the fall of 2010. Streety recently celebrated his 300th career victory as a head coach, one of only 10 coaches in Texas history to achieve the milestone.

Photo courtesy of AggieYell.com

to 11 postseason berths and the Class 5A Division II state semifinals in 2007. He has a career overall record of 300-111-3.

"My thoughts are how fortunate I have been to be a head coach at two great schools, and have the great assistant coaches and great players I've had," Streety said of his career in an interview for KENS5.com. "This profession has given me some real blessings. There have been heartaches, too, but I've been very fortunate overall. I wouldn't change anything."

"I still enjoy the preparation and the competition, and being around the coaches and kids," Streety said. "I still like that excitement. Of course, being in a great place with a great staff and great athletes makes it all that more enjoyable."

Streety served as assistant coach in the 2007 U.S. Army All-American Bowl. He returns this year in hopes of tipping the 4-4 overall game record in favor of the West.

"It's a real honor for me to not only be Nate's coach, but to be the head coach of the West team this year. To have Nate there and be around him and all those other great players that week, I guarantee you it's going to be a week in my life that I'm very thankful for," Streety said. "It's a tremendous national recognition for our school. I have a lot of respect for what the Army does, this game and the recognition it gives to all of our players."

"It's a bigger honor that my coach, Coach Streety, was selected as the head coach," Askew said. "I'm going to get to play for him for the last time at the game. It will be the

last time he'll ever be my coach again, so it's something I'm looking forward to."

"I've watched Nate evolve from a big old freshman that was immature, as all young folks are, and he has turned into the young man that you see now," Streety said. "He's matured, he's become a leader for us and he's an excellent student as well as being a phenomenal player. He is, in my mind, the perfect example of the kind of guy that the Army would want to have in this game as an All-American."

And even though the next All-American Bowl is a year away, the first 20 participants for the 11th annual bowl have already been chosen and include another James Madison High School Maverick player, running back Aaron Green.

"The first selections for the bowl always set the tone for each and every edition of the U.S. Army All-American Bowl. For 10 years, the bowl has been the nation's premier showcase for high school football," said Doug Berman, chairman of SportsLink, the game's founder. "This past year, we had seven alumni from the bowl named to the Pro Bowl. In the spring, eight alumni of the bowl were taken in the first round of the NFL Draft. Every year, the talent in the bowl continues to get more and more impressive."

While there have been some ticket vouchers given away, for those willing to show up at the gate, ticket prices for plaza, mezzanine and club levels cost between \$13 and \$26, while upper level seats (rows 1-28) cost \$13. For more information about the game, click on [www.usarmyallamericanbowl.com](http://www.usarmyallamericanbowl.com).

## Army Strong Zone shows off elite military technology

For football fans and military aficionados getting an early start to the day Saturday at the U.S. Army All-American Bowl, take some time to check out the Army Strong Zone, located on the north side of the Alamodome and across from Sunset Station.

The Zone, which is free and open to the public, goes on from 8 a.m. to 6:30 p.m. Jan. 7 and from 8 a.m. to 10 p.m. Jan. 8. On game day Jan. 9, it opens from 9 to 11 a.m., closes during the game and reopens from 2 to 5 p.m.

The Army Strong Zone is a 129,000-square-foot interactive display area featuring some of the Army's elite technology and assets. Army Soldiers are also on-site to provide visitors with a glimpse into Army life and the many options and opportunities available.

This year, the Army Strong Zone will feature assets and technology from Fort Sam Houston and Fort Bliss in Texas, Fort Bragg from North Carolina and Fort Campbell in Tennessee. Interactive displays of some of the most elite technologies will have Strong Zone visitors experiencing what it's like to be an Army Strong Soldier.

The first item Fort Sam Houston will be showing off is an armored Stryker medical evacuation vehicle. This eight-wheeled vehicle is 20 feet long, weighs 19 tons, and has one-inch-thick armor ceramic plating surrounding the entire vehicle.

The Stryker is made to carry six ambulatory patients or four patients on litters in the back section. It also has an hydraulic lift to load the patients in faster and easier.

The other item on display is a field litter ambulance, which is basically a Humvee converted into an ambulance. This vehicle can be configured to carry eight ambulatory patients or up to four litters.

Additional Army technology on display will include the following technologies, along with many others:

Sense Through Wall Radar Imager: The Sense Through the Wall technology demonstrators provide Soldiers with the capability to detect and locate personnel behind walls from standoff distances. STTW provides situational awareness information to the Soldier to assist in gaining footholds in buildings and for room clearing oper-

The field litter ambulance is basically a Humvee made into an ambulance.



Courtesy photos



Illustration courtesy of Sunset Station

The Army Strong Zone will feature assets and technology from Fort Sam Houston and Fort Bliss in Texas, Fort Bragg in North Carolina and Fort Campbell in Tennessee.

The Soldier-borne STTW sensors weigh less than six pounds and can be operated close to the wall or up to 20 meters away from the wall. Each unit has a display that provides range and azimuth information of detected targets to the operator.

Two of these handheld technology demonstrators will be showcased at the U.S. Army All-American Bowl: the Raytheon RS2 hand-held STTW technology demonstrator and the L3 Communications Cyterra Electromagnetic Motion Detection and Ranging II STTW sensor.

Night Vision Technology: The Aviator's Night Vision Imaging System is a helmet-mounted, image-intensification device. Powered by a helmet mounted low-profile battery pack or, optionally, from aircraft-supplied power, ANVIS enables flight operations under very low (starlight) ambient light conditions.

The AN/PVS-7D Night Vision Goggle and the AN/PVS-14 Monocular Night Vision Device provide the capability to engage and execute close combat, combat support, and combat service support operations.

The AN/PAS-13 Thermal Weapon Sight family enables Soldiers with individual and crew-served weapons to see deep into the battlefield, increase surveillance and target acquisition range, and penetrate obscurants, day or night. These systems use uncooled, forward-looking infrared technology and provide a standard video output for training, image transfer, or remote viewing.

The armored Stryker medical evacuation vehicle is 20 feet long, weighs 19 tons and has one-inch-thick armor ceramic plating surrounding the entire vehicle.

Phraselator Translation Support Device: The Phraselator is a translation support device on a ruggedized PDA. The device has provided tactical and humanitarian aid to service personnel in Iraq, Afghanistan and Southeast Asia. This provides a one-way, phrase-based speech translation capability for Soldiers. Robotics: The robotics exhibit highlights the research being pursued in core robotics technology for small, unmanned ground vehicles. The goal of robotics

research is to enhance the situational awareness of the Soldier allowing the Soldier to complete his/her mission while keeping out of harm's way. The Army Strong Zone will have several robots on display, including the Packbot, Toughbot and Lynchbot.

Army Ripsaw Demo: The Ripsaw is a modular unmanned vehicle that can be modified to support multiple missions, such as route clearing, surveillance, finding and defeating Improvised Explosive Devices and defending and securing Soldiers and locations.

Aviation: The Aviation trailer includes two motion simulators, featuring an Apache helicopter flight training simulation. Participants experience a 3 minute flight simulation, using two sets of pedals and joystick to control speed and direction, allowing both participants the opportunity to take control of the Apache Simulators provide up, down, and 360-degree rotation giving participants a real-life flight experience.

And for those into the pomp and circumstance of high school marching bands, the U.S. Army High School Drum Line and Mariachi contest kicks off at 6 p.m. Jan. 8, showcasing San Antonio's best high school drum line and mariachi bands as they compete against each other.

(Sources: U.S. Army Medical Department Center & School, [www.usarmyallamericanbowl.com](http://www.usarmyallamericanbowl.com))



# Asst. SECDEF for Homeland Defense visits ARNORTH, speaks to DSCA students

Photos by Sgt. Joshua Ford



Lt. Gen. Guy Swan III (left), commanding general, U.S. Army North, briefs Dr. Paul Stockton, assistant secretary of defense for Homeland Defense and Americas' Security Affairs, on ARNORTH's organization and what the command is focusing on to improve its capabilities in providing Defense Support of Civil Authorities in response to catastrophic events if they were to occur in the United States. Swan and his senior leaders from Army North met with Stockton Jan. 5 at ARNORTH's historic headquarters' in the Quadrangle.



Lt. Gen. Guy Swan III, (right) the commanding general of U.S. Army North, presents his coin to Dr. Paul Stockton, assistant secretary of defense for Homeland Defense and Americas' Security Affairs, after Stockton spoke to a Defense Support of Civil Authorities class Jan. 5 in San Antonio. "With a partner like Dr. Stockton up at the Pentagon making those key policy decisions and adjustments that we need to execute our mission, I think we are in very good hands for the future of the DSCA mission," Swan said.



Dr. Paul Stockton, speaks to a class of approximately 60 service members and civilians attending the Defense Support of Civil Authorities course Jan. 5 in San Antonio. Stockton spoke of the importance of DSCA and the vital role everyone plays in helping to improve upon the valued program. "We need to make progress in strength in unity of effort far beyond that which exists today," Stockton said. "You all are going to be critical in making progress in the realm of unity of effort and in saving lives when catastrophe strikes." The course provides an overview of the DSCA organization, structure, mission areas and describes how DSCA fits into the missions of homeland security and disaster response.

# 9/11 survivor helps Families of wounded Soldiers

By Amanda Stephenson  
FSH MWR

As the Pentagon's executive officer to the deputy assistant chief of staff for installation management, retired Lt. Col. Brian Birdwell never thought his life would be forever changed as he stepped out of the men's room on the morning of Sept. 11, 2001.

His experience, he says, was both humiliating and honoring.

"How many people can say their lives have been saved because they were in the bathroom?" he jokingly asked the crowd of Fort Sam Houston teachers, caregivers and Child Development Center employees that had gathered in the Child, Youth & School Services conference room to meet him Dec. 16.

When hijacked American Airlines Flight 77 collided into the Pentagon, just feet away from his second floor office, Birdwell was

engulfed in flames. Burns covered 60 percent of his body - nearly half were third degree.

But had he been in his office, he would not be here today. He is the sole survivor of those working in the directorate at the time of the attack.

"My experience didn't make me tough, God gave me strength to get through it and I thank him every day that I am alive," he said.

Since 2001, Birdwell has undergone more 30 surgeries, intensive skin grafts and unbearably painful burn treatments.

As he healed, he and his wife Mel were inspired to create their ministry, Face the Fire, to assist and support burn survivors, wounded Soldiers and the medical facilities that care for them.

During a 2004 visit to Brooke Army Medical Center, Mel Birdwell met the wife of a wounded Soldier who was struggling in her role as caregiver to a hospitalized

husband, as well as her three young children at home.

"It's hard to take care of kids and a hospitalized loved one," she said. "We knew if she had access to free child care it would alleviate some of the stress on that Family."

Since then, the Birdwells have provided FSH with funding needed to do just that.

In 2005, the Birdwells donated \$5,000 to the Child Development Center; another \$2,500 was donated in 2007. And on Thursday, Dec. 16, the Birdwells made a third donation of \$2,500.

The donations enable the CDC to offer hourly child care free of charge to Families of wounded Soldiers when the need



Photo by Amanda Stephenson

(From left) Rebecca Gutierrez, assistant director of the Child Development Center; retired Lt. Col. Brian Birdwell; Brenda Berry, director of Child, Youth & School Services; Cindy Coble, assistant director of the CDC; Terry Frost, non-appropriated funds support services manager; and Keith Toney, school liaison officer.

arises.

"And we plan to continue giving as long as this service is needed," Birdwell assured the audience.

"The donation will certainly go to good use," said Keith Toney, school liaison officer for FSH.

"It allows us to expand our care and services,

allowing spouses to spend some quality time together and feel safe knowing their children are being taken care of."

## HOUSING from P2

lation begin collecting data on the local rental market as early as January each year. The offices research the current rates for two-bedroom houses, townhouses, single-family homes and the different standards and profiles for homes, Woehr explained.

Typically, rates are higher in larger, more heavily populated metropolitan areas, such as New York City, Chicago and Washington, D.C.

Rates in rural areas usually are more stable, and although they may increase to some degree, the rise doesn't have the same impact as in larger cities, she said.

An estimated \$19 billion in BAH will be paid to nearly 1 million service members in 2010, Woehr said.

To look up rates and learn more about Basic Allowance for Housing, click on [www.defense-travel.dod.mil/perdiem/bah.html](http://www.defense-travel.dod.mil/perdiem/bah.html).



# Family-friendly event 'Runs' in the new year

Photos by Phil Reidinger



Neva Beeter, Pat Cox and Sara Cox display their New Year's Eve Midnight Run commemorative T-shirts at the Jimmy Brought Fitness Center. "I have never done something like this before on New Year's Eve. It is something new to start the New Year," Beeter said.

More than 350 participants in the first annual New Year's Eve 5K Fun Run/Walk hosted by Garrison Commander, Col. Mary Garr, enjoyed snacks, hot chocolate and party favors before the run; and sandwiches and fruit served with apple cider following the run. The route included many historic sites on the post as well as a view of the San Antonio fireworks.



Col. Mary Garr, U.S. Army Garrison Commander, welcomes Families to the New Year's Eve Fun Run. "The Fort Sam Houston Family-friendly New Year's Eve event promotes fitness and provides a safe, fun event with Family and friends," Garr said.



Participants line up to register and receive their event T-shirts prior to the run. Strollers with young children, teens dressed in News Year's Eve costumes and family pets filled the Jimmy Brought Fitness Center. Garrison Commander, Col. Mary Garr noted, that her intent for starting the 5K Fun Run/Walk for Families from the post and San Antonio community was, "Bring your dog, bring the stroller and start a new holiday tradition with the entire Family at Fort Sam Houston."

## AFTB GRADS



Courtesy Photo

Army Family Team Building successfully completed and graduated another group into Army life Dec. 8. The graduates, (from left) Trisha Bragg, Brenda Orozco, Maria Wolf, and Margaret Zucco, completed AFTB Level 1 which introduced them to the military life, specifically the Army. They learned military acronyms and terms, the chain of command, customs and courtesies, introduction to Family readiness as well as many other military terms and programs. Cynthia Rodriguez (right), AFTB program manager, taught the course. Level 1 will be offered again Jan. 12-13; Level 2 will be March 1-3 and Level 3 March 16-18. Classes are held from 8:30 a.m.-2:30 p.m. at the Army Community Service Building 2797 in Training Room 1. Call 221-2611.



The Armed Services Blood Program is the official U.S. military blood program and provides blood and platelets to service members and their Families around the world. Military serving in the dangers of a war zone know the importance of readily-available blood and platelets. Recognizing the need for a steady blood supply, the ASBP has been collecting blood since 1952 from its 22 blood donor centers worldwide, including the Akeroyd Blood Donor Center at Fort Sam Houston, Texas. Located in Building 1240 on Harney Road behind the Troop Medical Clinic, the blood center's walk-in hours are 7:30 a.m. to noon, Monday through Friday. Visit [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil) for more information.

### FORT SAM HOUSTON INDEPENDENT SCHOOL DISTRICT WEEKLY CAMPUS ACTIVITIES - JAN. 11-16, 2010

#### Fort Sam Houston Elementary School

Spring Gifted and Talented Education (G.A.T.E.) nominations due for kindergarten to fifth grades - all week

#### Jan. 12

ECO (Science Club) Kids meeting in Rm. 35, 3 to 4 p.m.

#### Jan. 14

Lucas Miller — all day in gym performing for students.

Pre-kindergarten and first — 9 to 9:50 a.m.

Second and third — 10:15 to 11 a.m.

Kindergarten — 12:05 to 12:50 p.m.

Fourth and fifth — 1:15 to 2 p.m.

Sale, Autograph — 2:10 to 3 p.m.

#### Jan. 15

End of first semester / End of second nine weeks

Spring Gifted and Talented Education (G.A.T.E.) nominations due by 3 p.m.

#### Robert G. Cole Middle and High School

#### Jan. 11

Spring Gifted and Talented Education (G.A.T.E.) Testing  
Boys V Basketball at Johnson City, 6:30 p.m.

#### Jan. 12

Spring G.A.T.E. Testing

Semester exams — second and seventh periods

Girls V Basketball vs. Johnson City at Cole, 5 p.m. and 6:30 p.m.

#### Jan. 13

Spring G.A.T.E. Testing

Semester exams — first and sixth periods

Principal's Tea, location to be determined, 9 a.m.

#### Jan. 14

Early release day for middle and high school students, 11:35 a.m.

Semester exams — third and fourth periods

Spring G.A.T.E. Testing

PREP Program applications due to Mrs. Wood by noon

Boys Soccer San Antonio ISD Tournament, TBA

#### Jan. 15

Semester exams — fifth and eighth periods

End of first semester

End of second nine weeks

Early release for middle and high school students, 11:35 a.m.

Boys Soccer San Antonio ISD Tournament, TBA

Girls Soccer vs. Antonian at Cole, 5 p.m.

#### Jan. 16

Boys Soccer San Antonio ISD Tournament, TBA

Distributive Education Club of America (DECA) District Competition at North East ISD, 8 a.m. to 3 p.m.

UIL One Act Play rehearsals in Moseley gym, 1 to 3 p.m.





## Announcements

### Free All-American Bowl Tickets

The Sam Houston Club will be distributing free tickets for the U.S. Army All-American Bowl to authorized DoD I.D. cardholders at Building 124 2nd floor, MWR. Game is Jan. 9 at the Alamodome. Limit of four tickets per person, on a first-come, first-served basis. Call 226-1663.

### 'Dear John' Books-to-Movie Promotion

Keith A. Campbell Memorial Library will host the "Dear John" books-to-movies promotion Jan. 11-Feb. 14, which features the latest Nicholas Sparks' romantic novel coming to the big screen, Feb. 5.

DoD cardholders and Family members over the age of 18 can enter a weekly drawing for "Dear John" T-shirts, books or movie posters; join the online virtual book club at [www.ArmyMWR.com](http://www.ArmyMWR.com) and answer questions for a chance to win an autographed movie poster or copy of the novel each week; or enter the grand prize drawing for a chance to win a trip for two to Charleston, S.C. The Keith A. Campbell Memorial Library is located at 2601 Harney Road, Building 1222, and is open Tuesday-Friday, 9 a.m.-8 p.m.; Saturday-Sunday, 11 a.m.-8 p.m.; closed Mondays and federal holidays. Call 221-4702.

### Harlequin Dinner Theatre

The Harlequin Dinner Theatre will present the Agatha Christie murder mystery "The Hollow" Jan. 14-Feb. 13. Tickets are Thursdays, \$26/military members and \$29/ non-military; Friday-Saturday, \$29/military and \$32/non-military; E-1 through E-4 Soldiers pay \$13 for dinner and show any night. Cocktail service and salad bar begin at 6:15 p.m., dinner is from 6:30-7:30 p.m. and curtain

is at 8 p.m. For reservations, call 222-9694.

### Central Registration is now Parent Central

The Central Registration office at 2010 Stanley Road, Building 2797, is now Parent Central. All services, hours and numbers remain the same. Parent Central is open Monday-Friday, 8 a.m.-5 p.m. and by appointment only after 4:30 p.m. The office is closed every first and third Friday. Call 221-4871/1723.

### H.U.G.S. Playgroup

Helping Us Grow Securely playgroup for parents and children ages birth to 5-years-old meets Tuesdays, 9-11 a.m. at Dodd Field Chapel, Building 1721. Registration is not required. Call 221-0349/2418.

### Baby Talk

New Parent Support Program offers "Baby Talk" Tuesdays, 2-3:30 p.m. at Dodd Field Chapel for parents with children newborn to 12-months-old. Call 221-0349/0655.

### Exceptional Family Member

### Program Support Group

The support group meets Wednesday evenings, 6-7:30 p.m. at School Age Services, Building 1705, Dodd Boulevard. The group is facilitated by Mutual Enrichment through Learning and Discovery and is open to Soldiers and military Families with special need members. Child care and dinner is provided. Registration is required. Call 221-2604.

### English as a second language class

Free classes offered Mondays and Fridays, 5-8 p.m. at Army Community Service, Building 2797. Call 221-1681/9698.

### Bowling Center

The Fort Sam Houston Bowling Center opens at 11 a.m. for lunch Tuesday through Friday with a full menu - including Loyce's homemade chicken noodle soup. Daytime games are \$1 Tuesdays, Wednesdays and Fridays. On Thursdays, get one free game and free shoe rental with a purchase of a meal. Call 221-4740.

### Basketball Coaches Needed

Child, Youth & School Services is looking for dedicated basketball coaches for the upcoming season. Call 221-4871 or stop by Parent Central.

### Youth Swimming Lessons

Learn to swim this winter at the Jimmy Brought Fitness Center indoor pool. Morale, Welfare and Recreation will offer Red Cross swimming lessons to children under 16 years old. Cost is \$40 for an eight-day session. Call 221-1234.

### Parent and Child Swimming Lessons

It's never too early to begin swimming lessons. The Jimmy Brought Fitness Center offers a way for parents and children, ages 6 months to 3 years, to learn safe, fun water habits. Parents learn basic safety standards in accordance with American Red Cross learning objectives and make positive memories with their children, as well as enhancing the child's motor coordination, confidence and independence. There is a \$25 fee per child

and lessons will be held at the Jimmy Brought Fitness Center indoor pool Sundays at 3 p.m. Session 1 is Jan. 17-Feb. 14 and Session 2 is Feb. 21-March 14; more classes may be scheduled at a later date depending on the demand. Call 221-1234.

### Lifeguard Classes

American Red Cross lifeguard classes will be offered at the Jimmy Brought Fitness Center on weekends beginning Jan. 23. Classes are held in four-day sessions, Session 1-Jan. 23, 24, 30 and 31; Session 2- Feb. 13, 14, 20, and 21; Session 3- Feb. 27, 28 and March 6, 7; Session 4-March 20, 21, 27 and 28; Session 5-April 3, 4, 10 and 11, 9 a.m.-4:30 p.m. and participants must attend all four classes in one session to pass. The sessions fulfill the minimum requirement for employment as a lifeguard. Participants must be at least 15 years old and pass a qualifying test that involves a 300-meter swim and a 20-yard swim holding a 10-pound object. Each

**See MWR P21**

## Rocco Dining Facility Menu

Building 2745, Schofield Road

### Friday - Jan. 8

**Lunch - 11 a.m. to 1 p.m.**

Shrimp etouffee, Creole macaroni, fried catfish, honey-glazed Cornish hens, macaroni and cheese, cottage fried potatoes, wild rice, corn on cob, fried cabbage, okra and tomato gumbo

**Dinner - 5 to 7 p.m.**

Barbecued chicken, baked kielbasa sausage, Swedish meatballs, baked chicken, cheese tortellini, au gratin potatoes, brown rice, baked potatoes, French-fried okra, pinto beans, cauliflower

### Saturday - Jan. 9

**Lunch - noon to 1:30 p.m.**

Spaghetti with meat sauce, spicy baked fish, broccoli, cheese and rice casserole, grilled ham steaks, steamed rice, baked potatoes, spaghetti noodles, Brussels sprouts, mixed vegetables, black-eyed peas

**Dinner - 5 to 6:30 p.m.**

Country fried steaks, grilled pork chops, baked tuna and noodles, cheese manicotti, mashed potatoes, fried rice, baked potatoes, broccoli with cheese sauce, green beans, stewed tomatoes

### Sunday - Jan. 10

**Lunch - noon to 1:30 p.m.**

Caribbean chicken breast, beef yakisoba, roast pork, cheese tortellini, steamed rice, baked potatoes, candied

sweet potatoes, French-fried okra, carrots, green bean combo

**Dinner - 5 to 6:30 p.m.**

Fried chicken, beef stir fry, mushroom quiche, Yankee pot roast, parsley-battered potatoes, wild rice, baked potatoes, collard greens, corn on the cob, wax beans

### Monday - Jan. 11

**Lunch - 11 a.m. to 1 p.m.**

Beef stew, Southern-fried fish, chili macaroni, rice frittata, steamed rice, tri-colored pasta, mashed potatoes, French-style green beans, French-fried eggplant, succotash

**Dinner - 5 to 7 p.m.**

Veal parmesan, baked kielbasa sausage, grilled tuna patties, vegetable lasagna, turkey ala king, wild rice, spaghetti noodles, scalloped potatoes, spinach, cauliflower, Creole summer squash

### Tuesday - Jan. 12

**Lunch - 11 a.m. to 1 p.m.**

Pork chops Mexicana, honey-ginger baked chicken, meat loaf, beef stir fry, cheese enchiladas, mashed potatoes, steamed rice, Spanish rice, broccoli, Spanish-style beans, Mexican corn

**Dinner - 5 to 7 p.m.**

Chicken fajitas, cheese manicotti, charbroiled meatballs with brown gravy, baked ham with pineapple sauce, Caribbean catfish, mashed

potatoes, wild rice, refried beans with cheese, green beans, glazed carrots, French-fried okra

### Wednesday - Jan. 13

**Lunch - 11 a.m. to 1 p.m.**

Apple-glazed corned beef, chicken pot pie with biscuits, cheese ravioli, roast beef, parmesan-baked fish, parsley-buttered new potatoes, mashed potatoes, brown rice, German sauerkraut, parmesan tomato halves, asparagus

**Dinner - 5 to 7 p.m.**

Beef stew, pork schnitzel with mushroom gravy, turkey stuffed bell peppers, rice frittata, chicken stir-fry, steamed rice, O'Brien potatoes, baked potatoes, succotash, broccoli, beets

### Thursday - Jan. 14

**Lunch - 11 a.m. to 1 p.m.**

Teriyaki chicken, roast pork, beef stir-fry, baked tuna and noodles, spaghetti with marinara sauce, fried rice, au gratin potatoes, baked potatoes, club spinach, cauliflower, Chinese mixed vegetables

**Dinner - 5 to 7 p.m.**

Cantonese spareribs, breaded veal steaks, baked chicken, cheese ravioli, spaghetti with meatballs, baked fish with butter sauce, cottage-fried potatoes, brown rice, green bean combo, sweet and sour cabbage, carrots

*Menus are subject to change without notice*

**MWR from P20**

session is \$160, which includes books, first aid instruction, cardiopulmonary resuscitation mask and automated external defibrillators for infants, children and adults. Payment must be made upon successful completion of the pre-test. Call 221-1234.

**Martial Arts**

Schools of Knowledge, Inspiration, Exploration & Skills Unlimited offers traditional classes in Korean martial arts, Kuk Sool Won, for children 5- to 18-years-old, Mondays and Wednesdays, 5-6 p.m. at School Age Services, Building 1705. Cost is \$80/month and is open to children of DoD cardholders. Register at Parent Central, Building 2797, weekdays 8 a.m.-4 p.m. Call 471-9548.

**Calendar of Events**

**JAN. 7**

**PowerPoint Level 2**

The class will be held 8 a.m.-12 p.m. at Army Community Service,

Building 2797 in the computer lab. Some computer basics or completion of PowerPoint Level 1 and registration required. Call 221-2518.

**Infant Massage**

The class will be held 10-11:30 a.m. at Dodd Field Chapel. Space is limited. Call 221-0349.

**Mandatory Initial First  
Termer Financial Readiness**

The class will be held 10 a.m.-12 p.m. at Army Community Service, Building 2797 in the computer lab. Call 221-1612.

**Scream-Free Parenting  
Series**

The class will be held 11 a.m.-1 p.m. at the Middle School Teen Center, 2515 Funston Rd. The eight-part series is a principle-based vs. a technique-based approach to parenting that focuses on the parents not children. Call 221-0349/2418.

**JAN. 8**

**Family Readiness Support  
Assistant Forum**

The training will be held 11:30

a.m.-1 p.m. at Army Community Service, Building 2797. This training will define the responsibilities of the FRG key caller and provide information on performing this role. Call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**Getting Ready for Childbirth**

The class will be held 1-4 p.m. at Army Community Service, Building 2797. The class provides women and their partners with research-based information that will prepare them for the childbirth experience. Call 221-0349/2418.

**JAN. 9**

**Teen Poetry Workshop**

Workshop held 1-3 p.m. at Harlequin Dinner Theatre, Building 2652, Harney Road and provides teens, 13- to 19-years-old, instruction on writing and performing poetry. Call 221-0349/2418.

**JAN. 11**

**Unit Victim Advocate  
Training**

The training will be held Jan. 11-15, 8 a.m.-4:30 p.m. at 32nd Medical Brigade, Building 902. UVAs must be E-6 or higher, CW2/first lieutenant or higher, or GS-11 or higher. Each company at Fort Sam Houston must have two UVAs at all times and must be on appointment orders by the battalion commander. Call 221-0349/1505.

**Pre-Deployment Planning  
Training**

The training will be held 9 a.m.-3 p.m. at Army Community Service, Building 2797. This training is designed to increase the spouse's ability to face deployments with resilience and strength, allowing easier separations. To register, call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**Stress Management**

The class will be held 11 a.m.-12:30 p.m. at the Red Cross, Building 2650. Call 221-0349/2418.

**Credit Management**

The class will be held 2-4 p.m. at Army Community Service, Building

2797. Find out whether using credit is a good idea, how to manage credit cards and debt, and the importance of protecting credit history. Call 221-1612.

**Doctor Dad**

The four-part series will be held Jan. 11, 25 and Feb. 7 and 14, 5:30-7 p.m. at Army community Service, Building 2797. This workshop covers topics such as treating minor cuts and scrapes, when to call a doctor, how to make the home child-safe and how to keep children healthy. To register, call 221-0349/2418.

**JAN. 12**

**Word Level 1**

The class will be held 8 a.m.-12 p.m. at Army Community Service, Building 2797 in the computer lab. Some offer basic computer skills and registration required. Call 221-2518.

**Post Deployment Planning  
Training**

The training will be held 9-10:30 a.m. at Army Community Service, Building 2797. This training is designed to increase the Spouse's

ability to face reintegration with resilience and strength, allowing smoother reunions. Call 221-2705 or e-mail samh.acs.mob.deploy@conus.army.mil.

**Building Effective Anger  
Management Skills**

The six-part class will be held Tuesdays, 11 a.m.-12:30 p.m. at the Red Cross, Building 2650. The class identifies strategies to more effectively handle anger, resentment and frustration in a personal and professional life. Call 221-0349.

**Coping with Separation and  
Divorce**

This four-part series will be held Jan. 12, 14, 26 and 28, 12-1 p.m. at Army Community Service, Building 2797. The class will help men and women understand separation and divorce, the legal aspects, helping children cope and divorce busters. Call 221- 0600/2418.

**Debt Liquidation**

The class will be held 2-4 p.m. at Army Community Service, Building 2797. This class will help people who are in debt develop a budget and reduce the stress that comes with being in debt. Call 221-1612.

**JAN. 13**

**Excel Level 1**

The class will be held 8 a.m.-12 p.m. at Army Community Service, Building 2797 in the computer lab. Some basic computer skills required. Call 221-2518.

**Bringing Home Baby**

This two-part class will be held Jan. 13 and 27, 9 a.m.-12:30 p.m. at the Red Cross, Building 2650. This class will provide information in infant care, safety and more. Dads are welcome and encouraged to attend. Call 221-0319.

**Mandatory Initial First  
Termer Financial Readiness**

Class begins at 12 p.m. at the Education Center, Building 2248. Call 221-1612.





## Announcements

### Basic Motorcycle Rider Course

A basic motorcycle rider course is available, at no charge, to service members who would like to learn how to ride. The BRC is the initial training for all motorcycle riders which provides basic motorcycle skills and prepares riders for licensing procedures. Visit the Installation Army Traffic Safety Training Program Web site at <https://airs.lmi.org>

(Region=West; Garrison=Fort Sam Houston; Courses=(applicable course)) or call 221-3846.

### Puppy Program Seeking Foster Families

The Department of Defense Military Working Dog Puppy Program is seeking foster Families who have time and patience to foster a Belgian Malinois puppy from 12 weeks to six months of age and can provide a stimulating and safe environment. Puppies are required to come back to Lackland once a month for vaccinations and evaluations. All of the supplies are provided through the program including crate, food and toys. Contact 341trspp@lackland.af.mil.

## REMINDER CALENDAR

- Jan. 9** U.S. Army All-American Bowl, 11 a.m., Alamodome
- Jan. 13** Dedication and ribbon-cutting ceremony for the Taylor Burke Health Clinic at Camp Bullis
- Jan. 14** Commanders Training, 8-10 a.m., Army Community Service, Building 2797
- Jan. 15** Commanders Golf Tournament and Social, 11 a.m.-7 p.m., Fort Sam Houston Golf Course
- Jan. 18** Martin Luther King Jr. Holiday

### Volunteers Needed

The American Red Cross office, Building 2650, at the corner of Patch and Harney roads, seeks volunteers to do filing, mailings, answering the telephone, and other duties. Caremobile drivers also needed. Call 221-3355.

### Cloverleaf Communicators

The club meets the first and third Thursday, 11:45 a.m.-1 p.m., at the San Antonio Credit Union, Stanley Road, in the conference room. Open to military, civilians and Family members. Call 221-8785, 221-6517 or 916-3406.

### BAMC Seeks Volunteers

Positions are available for the Caremobile, Kernel Club, Patient Library or Patient Transport Program teams and on the clinic and patient administration staff. Call 808-4982.

### Scholarship for Performing Arts Competition

The Las Casas Foundation will distribute a minimum of \$60,000 in college scholarships to high school graduating seniors in a performing arts competition to be held May 16 at the Charline McCombs Empire Theatre in San Antonio. For applications, event information and audition requirements, go to [www.lascasasfoundation.org](http://www.lascasasfoundation.org) and click on

"Scholarship." Deadline for entries is Jan. 22. Call 223-4343 or e-mail [lynn@lascasasfoundation.org](mailto:lynn@lascasasfoundation.org).

## Calendar of Events

### JAN. 9

#### Trinity University Walks

The Randolph Roadrunners volksmarch club is host a 10k and 5k walk starting at the William H. Bell Athletic Center on Trinity University at One Trinity Place, San Antonio. The walks start between 8 a.m. and noon, finish by 3 p.m. Call 566-5603 or visit [www.randolphroadrunners.info](http://www.randolphroadrunners.info).

### JAN. 11

#### ASMC Annual Awards

The Alamo City Chapter of the American Society of Military Comptrollers is accepting nominations for its annual awards. Deadline for local nominations is Jan. 11. Submit using procedures and criteria listed at [www.asmconline.org](http://www.asmconline.org).

### JAN. 14

#### San Antonio Herb Society

The San Antonio Herb Society will meet Jan. 14, 6:30 p.m. at the San Antonio Garden Center, on the corner of Funston and N. New Braunfels roads. The meeting will focus on the traditional methods of healing and is free and open to the public. Visit

[www.sanantonioherbs.com](http://www.sanantonioherbs.com).

### JAN. 18

#### SECDEF Employer Support Freedom Award

National Guard and Reserve members and Families are encouraged to nominate employers who provide exceptional support of military employees. Nominations accepted at [www.FreedomAward.mil](http://www.FreedomAward.mil) by Jan. 18.

### JAN. 19

#### NCO Wives Fun Bingo

The NCO Wives Club will sponsor Fun Bingo Jan. 19, 10 a.m.-2 p.m. at the Sam Houston Club. Lunch at 11:30 a.m. is optional, the cost is \$7.95. Bingo cards are \$1 each, cash prizes will be awarded. Everyone is invited to this event. Call 386-8265.

### JAN. 21

#### American Society of Military Comptrollers

The Alamo Chapter will hold a luncheon Jan. 21, 11 a.m.-1 p.m. at Pico de Gallo Restaurant, 111 St. Leona, hosted by Army North. The guest speaker is Patrick Reynolds, U.S. Army North chief, Program and Capabilities Division. The topic is "Quadrennial Defense Review." Call 221-1309, reserve by Jan. 18.

### Fort Sam Houston Preservation Society

The Fort Sam Houston Preservation Society will meet Jan. 21, 11:30 a.m. at the Stilwell House. The speaker is Adriana Aroujo a descendent of the Canary Islander's who settled in San Antonio in the 1700s. She will speak about the Canary Island connection to Fort Sam Houston. Call 822-6034.

### Sergeant Audie Murphy Club Annual Elections

The Sergeant Audie Murphy Club holds its annual election for governing council members Jan. 21, 11:30 a.m. at the Sam Houston Club. All SAMC members are encouraged to attend. Call 443-306-9183.

### JAN. 22

#### Holiday Photo Contest

Shoppers can submit photos to [PatriotFamily@aafes.com](mailto:PatriotFamily@aafes.com) with the title "Memories Etched in Images" in the subject line. Top 50 entries will be posted online and winners will be announced by Jan. 22. First place receives a \$1,000 AAFES gift card with \$500 going to the runner-up. Third and fourth places receive a \$250 gift card and next five places \$100 each. Rules and entry details are at [www.aafes.com/PatriotFamily](http://www.aafes.com/PatriotFamily).

## News Leader survey online

Visit <http://www.samhouston.army.mil/publicaffairs>. For more information, call 221-0615 or 221-2030.

# Religious Briefs



## Main Post Chapel, Building 2200, 221-2754

### Catholic Services:

4:45 p.m. - Reconciliation - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - weekdays

### Protestant Services - Sundays:

8 a.m. - Collective Protestant  
11 a.m. - Collective Protestant

### Jewish Services:

379-8666 or 493-6660  
8 p.m. - Fridays - Worship and 8:30 p.m. - Oneg Shabbat

## Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

### Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays

## Catholic Women of the Chapel

The Catholic Women of the Chapel will meet Jan. 8 for Rosary at 8:30 a.m. followed by Mass at 9 a.m. at Dodd Field Chapel. Child care is provided. Call 757-3423 or 240-277-7583.

12:30 p.m. - Mass - Sundays

### Protestant Services:

10:30 a.m. - Gospel Protestant - Sundays  
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided

6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided

### Samoan Protestant Service:

8:30 a.m. - Sundays

## Brooke Army Medical Center Chapel, Building 3600, 916-1105

### Catholic Services:

8:30 a.m. - Mass - Sundays

11 a.m. - Mass - Sundays

### Protestant Services:

10 a.m. - Worship Service - Sundays

### Episcopal/Lutheran Rite services:

12:30 p.m. - Traditional worship - Thursdays

## Center for the Intrepid, first floor, 916-1105

### Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays

6 p.m. - Contemporary worship - Sundays

## AMEDD Regimental Chapel, Building 1398, 221-4362

### 32nd Medical Brigade Student services

Catholic Mass: 8 a.m. - Sundays

### Contemporary Protestant Service:

9:30 a.m. and 11:01 a.m. - Sundays

Muslim Jumma: 1:30 p.m. - Fridays

## Installation Chaplain Office, Building 2530, 221-5007

### Church of Jesus Christ of Latter Day Saints:

8:30 a.m. - Sundays

Web site: [www.samhouston.army.mil/chaplain](http://www.samhouston.army.mil/chaplain)



**For Sale:** Full-length sofa and loveseat, in good condition, dark blue with wood trim, \$200; dining room table with six chairs, cherry wood, in good condition, \$2,000 value, \$400 obo. Call 320-7983 (evening) or 757-613-2250.

**For Sale:** Dinnerware for four, plus serving tray, carafe, lots of accessories, \$35; Callaway ladies golf shoes, size 9.5, almost new, \$40; Wii/Gamecube games: Walt Disney's Cars, Burnout (racing), Madden 2003, \$10 each. Call 697-9261 or 363-4056.

**For Sale:** Coffee table and two end tables, club feet with glass inlays, \$125; pool table, need work, \$50; stereo equipment, equalizer and round table, \$50 for both. Call 659-4961.

**For Sale:** Formal dining room table, four chairs and china cabinet, \$400 obo. Call 212-7520.

**For Sale:** Olive green sofa and loveseat, \$300 for both; pine full-

size captains bed with bookcase headboard, underdresser, and entertainment chest, \$300; three-burner butane barbecue grill, \$20. Call 254-383-2012.

**For Sale:** Freshly ground hardwood and cedar mixed mulch, located at Camp Bullis, \$5 per truck load, you must pick up. Call 295-7529.

**For Sale:** Three bridesmaid dresses, never worn, purchased at David's Bridal originally \$150, simple, long, empire waist, champagne color, sizes 4, 10 and 12, can be altered, \$50 each or \$100 for all; Pacemaster Pro Elite treadmill, originally \$2,400, asking \$600; toddler girl's Dora the Explorer bicycle with training wheels, \$20. Call 488-4538.

**For Sale:** Oak coffee table with smoked glass top, \$40; Hoover Windtunnel vacuum, \$20; Magnavox 36-inch television, \$90. Call 662-8887.

**For Sale:** End tables and coffee table, white marble with glass tops, \$80; Hitachi Univision 36-inch television, 50; twin bed set, \$60; office furniture, desk, book shelf and filing cabinet, mahogany, all or separate, best offer; chairs, \$15 each. Call 221-1546.

**For Sale:** 1962 Nova, four door, new

parts, engine runs, \$1,500 obo; front grill for full-size truck, \$495; 80-gallon air compressor, \$850; antique Honda project motorcycle, \$300 obo; metal toolbox for truck, \$100. Call 440-5062.

**For Sale:** Wood coffee table, \$95; riding lawnmower, \$495 obo; bikes, \$35 each; Cardiogliders exerciser, \$175; custom-made pet house, \$150 obo. Call 633-2247.

**For Sale:** Tahoe cargo security shade, like new, \$65 obo; 90s Volvo dash mat, \$25; 4-foot wide truck bed extender, \$225; Stetson brown felt hat, size 7, \$75; stroller, \$12. Call 221-2690.

**For Sale:** Office desk, \$60; double chair, \$30; solid oak antique table, \$75; two antique large iron wheels, \$150; pipe roofing, \$1 each piece. Call 550-7371.

**For Sale:** Decorations for various occasions including weddings, birthdays, baby showers, graduations and anniversaries, reasonably priced. Call 412-2151.

**For Sale:** Continental Kennel Club-registered boxer puppies, declaws and tails docked, white, dark and mahogany brindle. Call 633-0239.

To place a Freebie ad, e-mail [news.leader@conus.army.mil](mailto:news.leader@conus.army.mil) or fax 221-1198.